



Tropical Fruit Platter

A quick and easy way to get more fruits into your day.

Makes 6 servings. 1 cup per serving.

Prep time: 15 minutes

Nutrition information per serving

Calories 125, Carbohydrate 32 g, Protein 1 g,
Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg,
Sodium 5 mg, Dietary Fiber 4 g

Ingredients

- 1 (20-ounce) can pineapple slices, each cut in half
- 1 large papaya wedge, peeled and sliced
- 1 mango, peeled and sliced
- 2 cups strawberries, stemmed
juice of 1 lime

Preparation

- 1. Arrange pineapple, papaya, mango, and strawberries on a serving platter.
- 2. Sprinkle lime juice over fruit.

